

BENT RIM BUGLE



The official newsletter of the MMBA - Issue #58 - Winter 2001-2002

*All Championship
Points Series
results inside
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Annual Meeting Issue!

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The ABC's of Safety: Air bags. Buckle up. Children in back. Outback L.L.Bean Edition shown with optional equipment. Subaru is proud to be associated with the International Mountain Bicycling Association.

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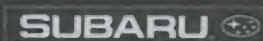


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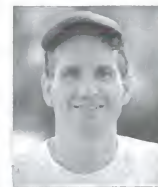
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Visit the MMBA on the web at www.mmba.org for
contact information and much more.

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T O D D S C O T T

The Prez Sez



Thanks Iceman!

The MMBA thanks Steve Brown, the Iceman promoter not only for a classy race, but also for letting us have a booth at the expo. We got to meet a lot of nice folks while spreading the word about our group.

Thanks State Representative Gosselin!

Representative Gosselin got heavily involved with the Clinton River Trail and is one of the main forces behind its success. Now he and I are doing a two-man road show promoting a trail proposal on the old SOCRRA landfill property south of Bloomer Park. In addition, the Michigan Youth Soccer Association is proposing a complimentary plan for 12 to 15 soccer fields on top of the landfills. If you live in one of the SOCRRA communities listed below or Rochester Hills, it would help us if you wrote your City Council expressing your support for the MMBA trail proposal on the SOCRRA property in Rochester Hills: also Berkley, Beverly Hills, Birmingham, Clawson, Ferndale, Hazel Park, Huntington Woods, Lathrup Village, Oak Park, Pleasant Ridge, Royal Oak, Troy

Thanks to Greg!

Greg Bowers of Stevensville, Michigan donated his 1997 Pro-Flex 957 to the MMBA. The MMBA board will decide how to make the best use of this donation. Thanks again, Greg.

New Member?

Michigan's Lieutenant Governor Dick Posthumus visited the Metro region to deliver some DNR grant funds. During a speech, he mentioned how he started mountain biking a few years ago. Granted, he was referring to rail-trail riding, not Burchfield, but it's a start in the right direction.

Afterwards, the crowd walked a portion of the trail for more photos and I was introduced to the Lieutenant Governor. I gave him the brief "rah, rah" MMBA speech. He hadn't heard of us and seemed genuinely interested. He asked if I'd send him information about us. Just before he left, he shook my hand again and reminded me to send him the MMBA info. So, I mailed him an MMBA T-shirt, trail handbook, mountain kids flyer, and an MMBA application.

Having the Lt. Governor as a member would be nice publicity but more importantly, he wields tremendous political clout throughout the State. And, he could be the next Governor.

And finally

Some members feel you need to get elected to an MMBA board position to be a decision-maker, but I don't believe that's true.

When folks become more involved with the MMBA, they typically follow a well-worn path. It starts with a niche that the person is passionate about. Maybe it's a local park that would be great with new trails. Perhaps it's a mountain kids event or new MMBA merchandise. Whatever it is, there are countless examples of people taking the initiative, becoming more active, and contributing not only to the MMBA, but to the mountain biking in general.

Two examples from the Southeast Chapter are Bud Pell and Bob Yankus. They were never elected nor did they want to be, but they found something that they really wanted to accomplish, got involved with the Association, and became two of the most famed trail builders in Michigan. Without them, we might not have the Maybury and Highland trails among others.

So if you have an idea of something you'd like to see and are interested in bringing it to fruition, don't hesitate to get involved. You can contact myself or your Chapter President and we'll help get you started. Todd Scott at AllYearGear@home.com



"Behind The Scenes"

With Executive Director Roger Dyjak

Michigan Equestrians and Mountain Bikes, a positive example of Multi use!

The MMBA's core policy of multi-use has over the past 11 years been very successful at creating opportunities for the mountain bike community. Land managers and our fellow user groups have worked hand in hand with the MMBA to create multi use trails that are second to none. Besides hiking, the largest non-motorized community we share the trails with are equestrians.

Equestrians are well represented in Michigan thru the Michigan Horse Council and it's affiliated organizations. The equestrian community in Michigan is a dynamic, thoughtful and committed group that is a valuable partner on Michigan Trails.

The Michigan Horse Council with over 30,000 members is the unified voice of the Michigan Equestrian community. Basically, anything that has to do with horses has to do with the MHC. The MMBA and MHC have formed a strong partnership that will work together on the following goals:

1. Open, equitable dialogue between the MMBA and MHC to maintain and create multi use trail access on a local, county, state and federal level.
2. Proactive approach to any potential areas of conflict.
3. Education of respective association memberships to the benefits of multi use trail systems.
4. Education of respective association memberships to significance and importance of each other's form of recreation.
5. Collaboration to provide a unified voice to advocate for preservation of green space,

irregardless of future forms of recreation.

6. Collaboration of promote equestrian/mountain bike multi use trail systems to the Tourism industry.
7. Foster growth at the local level to promote a spirit of working hand in hand on trail related issues.
8. Assist, inform and educate land management representatives on the proper design, construction and maintenance of multi use trail systems on a local and state wide level.
9. Recognize the individual and collective strength put forth by combining our user numbers when advocating for multi use trails on the local, county, state and federal level.
10. Promote social events that will enhance respective user groups with a feel for differing forms of recreation.

The MMBA and MHC vision with our ten goals is to provide current and future generations with the best multi use trail systems nation wide. It is my belief that the MMBA and MHC are moving in a positive manner that will enable and empower all trail users. To that end, I thank you on behalf of the MMBA and MHC for your sweat equity, your willingness to stop and let a horse pass and most of all for your desire to provide recreational choices for all!

MMBA and Our Trail Supporters.

The MMBA is pleased to work with the following Michigan based organizations to create the best multi-use trail systems found anywhere in America. Their assistance at the local, county, state and federal level is invaluable. I recommend that you take the time to learn more about these organizations.

Rails to Trails Conservancy. (RTC)

A non-profit organization whose mission is to enhance American communities and countryside by converting thousands of miles of abandoned rail corridors and connecting open space into a nationwide network of public trails. The goal of the Michigan Chapter is the creation of the Discover Michigan Trail and interconnecting statewide trail systems. Toward that end, the Michigan Rails to Trails Chapter has, and will continue to, work with the MMBA to create, where appropriate, adjoining trails that will enhance the user experience.

416 South Cedar Suite C

Lansing, MI. 48912

517 485-6022

www.railtrails.org

Top of Michigan Trails Council (TOMTC)

A non-profit established in 1995 to advocate and facilitate the establishment of safe multi-use recreational trails for Alpena, Antrim, Charlevoix, Cheyebogan, Emmet, Montmorency, Otsego and Presque Isle Counties.

445 East Mitchell Street

Petoskey, MI 49770

(231) 348-8280

www.topofmichigantrails.org

Thunder Bay Trails Association (TBTA)

A non-profit association who's mission is to promote and protect non-motorized trail systems in Alpena County and adjoining areas and reflect their recreational significance for the enjoyment, education and adventure to trail users.

2700 Beebe Blvd

Ossineke, MI 49766

www.ossineke.com/tbta

League of Michigan Bicyclists (LMB)

A state wide non-profit organization of bicyclists, formed in 1982, to promote bicycle use in Michigan. LMB works on transportation issues, bicycle safety, club leadership, publications, riding events and much more. The MMBA and LMB

work in conjunction at the statewide level to advance all forms of cycling.

PO Box 16201
Lansing, MI. 48901
(888) MI-Bikes
www.LMB.org

Tri-County Bicycle Association (TCBA)

Serving the Lansing area, The TCBA promotes all forms of bicycles by various ride incentive programs and tours. The DALMAC tour is the largest tour event in Michigan. Grants from the DALMAC tour allowed the MMBA to purchase over \$5,000 in tools in 2001!

PO Box 22146
Lansing, MI. 48909
(517) 882-3700
www.biketcba.org

The Michigan Horse Council (MHC)

The Michigan Horse council and its affiliate organizations, such as the Michigan Trail Riders Association, are committed to providing multi-use trail access to equestrians and other user groups. The Michigan Horse Council is the unified voice for the Michigan horse community. It is committed to developing, promoting, educating and encouraging participation in all aspects of the equestrian community.

Michigan Horse Council
PO Box 22008
Lansing, MI. 48909
(877) 37-Horse
www.michiganhorsecouncil.com

North Country Trail Association (NCTA)

The NCTA is a non-profit organization, with local chapters, whose purpose it is to promote and develop the North Country National Scenic Hiking Trail. This premier trail, when completed will be over 4,600 miles long from the state of New York to South Dakota.

229 East Main Street
Lowell, MI 49331
(888) 454-6282
www.northcountrytrail.org

State Park Annual Motor Vehicle Permits on sale now for the 2002 season.

80% of the land that is open to mountain bike access is on State of Michigan D.N.R. Park and Recreation area lands. I urge you to purchase a \$20 2002 Motor Vehicle Permit for access to State Parks and Recreation areas. 80% of the State Park budget is derived from the Motor

Vehicle Permit Sales. The remaining portion of the budget is allocated from the State general fund, concession and use permits and grants. The Michigan D.N.R. Parks and Recreation bureau recently had 6 million dollars trimmed from its budget. Please support the areas

we ride with your purchase of an annual permit.
Thanks! Roger J. Dyjak-Executive Director MMBA

MICHIGAN MOUNTAIN BIKE PATROL HITS THE TRAILS

By Bill Rushford MMBP Director

This year the MMBA, with cooperation from the DNR, launched the Michigan Mountain Bike Patrol at Pontiac Lake. The MMBA is a local chapter of the National Mountain Bike Patrol. This season 10 members of the MMBA underwent 12 hours of basic first aid training, riding skills training, and communications classes. They will provide an on-trail presence of volunteer cyclists who provide first aid, mechanical assistance and education to trail users concerning trail construction, etiquette, and why trails can be closed to bikes, as well as ways to keep trails open.

Patrollers logged over 50 hours, participated in trail building days, and assisted a dozen fellow cyclists by providing inner tubes, cable adjustments, help with fixing a busted chain or bent derailleur hanger, or gave a water bottle and gu to riders unprepared for the stresses of mountain biking.

Overall, the year was a great success. The presence of the patrol at Pontiac Lake, along with consistent communication with the park management, seemed to solidify a positive relationship with the park, as well as other trail users. All of this would not have been possible without the support of the MMBA, as well as Local bike shops like Macomb Schwinn and Antoon's Cycles. THANK YOU!!!!

For the next year I would like to see the patrol expanded to at least 2 other parks, as well as add patrollers to the group at Pontiac Lake. In addition, I would like to increase the level of support provided by local bike shops and foundations in order to provide the patrollers with the gear they need to assist fellow trail users. If you are interested in starting a patrol in a park near you, or want to become a patroller, PLEASE contact Bill Rushford, Patrol Director, at (586) 757-8065 or email at MichiganMTBpatrol@yahoo.com



Photo by Bryan Mitchell (www.mountainbikemichigan.com)

**A high wind hit hard at Fort Custer.
It was all Mother Nature could muster.**

**She blew down the trees
With a hurricane breeze.**

We cleared trails all day while we cussed her.

"FEATURED SHOP" >>>> KINETIC SYSTEMS—CLARKSTON, MI

by Jay Jones

No, this is not a pet shop. It's a bike shop. A very cool bike shop, Kinetic Systems. This little white building sits on Main Street in the quaint little village of Clarkston. It has been owned and operated by Jeff Noftz and Louise Kasl for the last 22 years. They have been situated in this current location since 1986 and it has been a mainstay of downtown Clarkston since then.

While this is a newsletter catering to the fat tire crowd, Kinetic Systems built their reputation with the skinny tire aficionado. This shop has sponsored a highly acclaimed road racing team. As a matter of fact, it was the only bicycle shop in the U.S. to sponsor a pro road racing team. Jeff has coached at the national level and coached quite well on the local level with the shop sponsored cycling club The Flying Rhinos. The club has state champions in the road, cyclocross AND mountain bike disciplines, with a few more riders finishing in the top three.

With all these accolades you would think it would go to their heads, well it did, in Jeff's case anyway. Louise is much more humble than Jeff. But don't let that deter you from going to their shop and checking it out. Although this shop is on the small side, it's large enough to satisfy your needs. They have a good selection of road, comfort, bmx, trail-a-bikes and last but not least, mountain bikes. They have Burly trailers, trainers, rollers, tools, chain lubes, clothes, bike racks and a darn good service department. What they don't have, they will order for you.

Jeff and Louise's passion for bicycles shows through when you talk to them. They want you to enjoy cycling, whether you're a beginner or an accomplished cyclist. With the onslaught of mountain bikes in the late 80's and early 90's the type of customer walking through their doors was changing. To accommodate the new found cycling phenomenon, they started stocking this new type of bike for this new type of rider, but they still carried the same type of friendly service to the new MTB customer.

Jeff, Louise and shop employee's Andrea Tucker and Doug James are all bike fit guru's. When you purchase a bike from these cats (not the four legged ones) they will throw the bike on the rollers and then politely ask you to climb aboard and they will fit you to this bike.

Bike fit is a very important aspect of the sport. Without it, the top dollar bike could be rendered useless. Well, probably not that dramatic, but if you want the most out of your bike, then it has to fit. And I'm not just talking about throwing

a leg over and checking the stand over height. I'm talking seat height, stem length, handlebar height and which leg is longer than the other. These guys and gals have the knowledge to detect and address the needs of a proper fitting bike. With a proper fitting bike you will be able to enjoy the sport much better and more efficiently.

If you're a woman, you have that extra special attention given to you by Louise and Andrea. They know, and most importantly, understand the different requirements of a

woman. Although we men would like to think that we do, it's just a fact of life we don't. Also, Andrea's active road riding and mountain bike racing experience only adds another dimension to the needs of a woman rider. With 30% of their clientele being women, it's apparent they are doing something right.

The bike shop and the Flying Rhino Cycling Club also sponsor rides and races. Some rides you may be familiar with already. The Spring and Fall Back 40 rides are on most mountain biker's calendars. These annual rides are must do's. They are good for training or just meandering around the back roads of North Oakland County. They are very pretty rides and routes to fit all skill levels, plus some of the proceeds go to local charities. They also have the annual Polar Rhino Ride (or as Doug James puts it, "the Damn Cold Ride") on New Years Day.

On the road side of things, they sponsor road races at the Waterford Hill Race Track with the Spring Fling series and the Pino Memorial Race, usually in the early fall. With so much to do and covering so many aspects of cycling it takes volunteers from the club to accomplish all these tasks. And the Flying Rhino Cycling Club is one of the best!

So, there you have it. A bike shop that caters to the cyclist new and old alike. They have knowledgeable people there all the time to help you with your purchase decisions, whether it's just parts or the whole bike. They have the know how to keep you happy on your bike and the quality service to keep the bike going. They have things to do, places to go and people to meet that share your passion of cycling, plus a few helpful hints on cat and dog food.



Photo by Jay Jones



Photo by Bryan Mitchell (www.mountainbikemichigan.com)



Women and Bikes

(we might surprise you!)

Portrait of a Woman Racer



Photo courtesy Laura Gibson

Laura Gibson
Age 30
Homemaker
Beginner class

Laura participated in two races this year and finished 7th in the Point Series. Laura is considering moving up to sport class next season due to her finishing positions, 1st and 2nd. Laura races to add fo-

cus to her training and because she enjoys the atmosphere at races. Laura enjoys the excitement and adrenaline she gets from racing as well as the camaraderie with others. When asked what she is most proud of in racing Laura says it was winning her race at Boyne. Her drive comes from wanting to do well at everything she does and that she is interested in all aspects of fitness/exercise and a love for the outdoors. Is she "hard core competitive" or "just happy to be out there"? Laura says she is "not competitive (yet!)", I enjoy the fun side of racing from what I've seen so far. I will probably be more competitive next year. I only started mountain biking in July so I'm looking forward to see what I can achieve next year"

Lesli races because it's fun! She states, "Before I started racing I never once rode with another female so it was great when I started racing and met other women with similar interests. Additionally it gives me extra motivation for training and staying fit. What does Lesli like best about racing? All the people. She has met some of her closest friends through the Michigan race scene (including her husband!). Lesli is most proud of "surviving" her first 24 hour race up at Boyne this year and helping her team win the 4 person mixed category. When asked if she is "driven", Leslie responds with "I think anybody who subjects themselves to the suffering and goes along with racing and keeps coming back for more is driven. I think it comes from wanting to improve and keep making progress. It feels great to reach goals set for yourself." Hard core competitive or "just like the excitement and happy to be out there"? Lesli is a blend of both. As life's responsibilities grow she's taken much more of a "just happy to be there" attitude. But, Lesli says, "Don't get me wrong though, when they say go... I'm gonna do my best, too!" Leslie participated in 10 races this year and finish-ed 4th in the Point Series.

Leslie Maes
Age 26
Environmental Engineer
Expert class



Photo courtesy Leslie Maes

"You don't really know why you feel so bad. That's what's so hard about mountain bike racing. You can't really tell. Are you being lazy? Undertrained? Overtrained? When you're in the middle of it you cant view yourself objectively, so you don't know what to do." ~ Julie Furtado

Women on Racing...

*"I guess I just have bigger ovaries."
~Missy Giove*

"Racing for me acts as a form of meditating. It raises my self-esteem and gives me great satisfaction—just knowing that I'm overcoming big odds and doing something that most women wouldn't do. Id rather be out riding my bike than in a shopping mall!" ~Kathy Sessler

*"Be satisfied with your preparation and try not to beat yourself up before you race. Whatever comes of it, at least you'll be getting a great training session."
~Susan DeMattei*



Racing News

Elite -34

PLACE	OVERALL	POINTS	NAME	AGE
1	1	1385	COTTON, ROB	33
2	2	1277	LUMMIS, JASON A	30
3	3	1177	PARKER, JAMIE	29
4	4	1146	BOWER, SCOTT	34
5	5	933	MULLEN, TRAVIS	17
6	6	897	WELLISLEY, BARTHOLEMEW J	27
7	7	892	ECKART, BRIEN	22
8	8	880	MCWILLIAMS, AL	21
9	9	797	KOSIK, DALE	34
10	10	241	GASPERONI, JASON M	28
11	11	209	HENDERSHOT, JOREL	19

Elite 35+

PLACE	OVERALL	POINTS	NAME	AGE
1	1	1695	KEENIHAN, JIM	35
2	2	1646	NOONAN, RICK	36
3	3	1262	HOLLIS, DAVE	41
4	4	1257	MEYERS, JOHN	37
5	5	1211	RITTER, TERRENCE T	35
6	6	1025	COLLINS, TIM	36
7	7	513	LAROE, KEVIN	37
	8	221	MOSER, TRAVIS	37

Expert Women

PLACE	OVERALL	POINTS	NAME	AGE
1	1	749	WILSON, SHELLEY	42
2	2	711	SCHWARTZ, ANNE	34
3	3	690	STEELE, TAMMY	36
4	4	573	MAES, LESLI	27
5	5	493	DENNETT, DANIELLE	25
6	6	463	TALASKI, DIANE	33
7	7	449	SHELLENBURGER, LAUREN	34
8	11	139	HENDERSHOT, CHENOAH	15
	8	414	COLLINS, KAREY	32
	9	380	SCHUBEL, SUSAN	29
	10	175	TUCKER, ANDREA	41
	12	129	COX, AMY A	34
	13	53	GROFVERT, ANNE	43

Expert Men -24

PLACE	OVERALL	POINTS	NAME	AGE
1	1	787	FERGUSON JR, GARY	19
2	2	708	STIELSTRA, LOREN	23
3	3	583	FRISBIE, BRIAN	19
4	4	541	DUBOIS, TIM	18
5	5	460	CROSS, JONATHAN	17
6	10	134	WENTZEL, ZACH	19
	6	257	YANKUS, DAN	20
	7	252	RYTLEWSKI, JAKE	19
	8	211	KOCH, JUSTIN	23
	9	166	DAY, JAMES	17
	11	112	CLINTON, JEFF	18

Final CPS standings!

Congrats to all of this years racers, see you in 2002!
Next years events will be in the next BRB.

Expert Men 25-29

PLACE	OVERALL	POINTS	NAME	AGE
1	1	898	JANSEN, DAN	29
2	2	625	FILIPAIK, CHRISTOPHER P	25
3	3	589	GRYSEN, BERNIE	26
4	4	547	WEIR, ANDREW	27
5	5	410	TANSEY, CHUCK	28
6	6	279	WALKER, JEREMY S	26
7	8	228	GUY, ED	
	7	249	OBERMAN, MARK	25
	9	106	BERNER, MATT	28
	10	98	MATYNIK, BRIAN	28
	11	40	QUICK, RYAN D	28

Expert Men 30-34

PLACE	OVERALL	POINTS	NAME	AGE
1	1	914	DUNN, PAUL	32
2	2	842	STACK, RON	31
3	3	758	GARDULSKI, MIKE	33
4	4	528	MARTINEZ, LUPE	30
5	5	512	TOMPKIN, ERIC	33
6	6	400	MITCHELL, BRYAN	34
7	7	377	HERSBERGER, ANTHONY G	31
8	8	371	DEANGELIS, GARY	33
9	9	353	ZELAZNY, SCOTT J	34
10	10	348	CHAMBERS, SCOTT A	30
11	12	231	GARLAND, ERIK	31
	11	253	DIFALCO, TIM	31
	13	149	BARRETT, JEFF	34
	14	121	MEIKLE, JEFFREY J	30
	15	102	KOTWICKI, DAN	31

Expert Men 35-44

PLACE	OVERALL	POINTS	NAME	AGE
1	1	884	JONES, L MICHAEL	40
2	2	820	JAMES, JIM	40
3	3	787	SCHARPHORN, NIEL	36
4	4	717	WOJTALA, JOHN	39
5	5	663	RIEGE, KEITH	41
6	6	646	STEURER, SCOTT	40
7	7	486	QUIST, JACK W	38
8	8	458	HAHN, TOM	39
9	9	382	STEWART, CALVIN	44
10	10	326	ERSPAMER, DARREN	37
11	11	310	GLEESON, JON	36
12	12	301	CORNELL, DOUGLAS	42
13	13	299	BAILEY, PAUL M	41
14	14	288	MARTIN, JAMES A	42
	15	165	SEAMAN, MICHAEL	37
	16	141	OSTROWSKI, ARTUR	44
	17	92	FRANCE, DANIEL J	41
	18	68	CONNOR, DAVID M	40
	19	66	ROE, GORDON F	44
	20	32	FALLON, JOHN R	42
	21	31	HAYS, CRAIG	38
	22	12	JEFFREY, CHRISTOPHER	37
	23	1	TRIPP, LEWIS	42

Expert Men 45+

PLACE	OVERALL	POINTS	NAME	AGE
1	1	815	RYTLEWSKI, PAUL G	45
2	2	794	DALY, MATT	45
3	3	685	MULLEN, JON	45
4	4	679	FLEMING, ART	59
5	5	454	BUCKALEW, CHUCK	51
6	6	390	WARD, DAVID E	49
	7	149	BOWMAN, ROBERT R	45
	8	42	MOLLOSEAU, GARY R	54

Sport Clydesdale

PLACE	OVERALL	POINTS	NAME	AGE
1	1	476	BIEREMA, BRYON	31
2	2	395	WONNACOTT, ROB	30
3	3	388	MCGUIRE, SCOTT	25
4	4	222	BLUE, DANIEL	26
5	5	221	LINKE, MICHAEL	37
6	6	195	BARTOS, MICHAEL D	37
	7	162	ANDERSON, SCOTT	37
	8	49	SNYDER, HAROLD	40
	9	24	KENNEDY, THOMAS D	34

Sport Women -29

PLACE	OVERALL	POINTS	NAME	AGE
1	1	441	FLOOD, CORI	22
2	2	362	STACK, REBECCA R	29
3	3	308	BILLOTTI, RENEE	22
	4	149	PASMA, AMY MARIE	29
	5	111	SELOW, LISA	29

Sport Women 30+

PLACE	OVERALL	POINTS	NAME	AGE
1	1	444	COTTON, LISA	37
2	2	413	CATALDO, CRISTIN L	31
3	3	386	FENDER, JANET	41
4	4	385	DELAVERN, JODY	44
5	5	301	SAMSON, JULIANNE	36
6	6	172	KING, KAREN A	45
	7	109	FIGURA, PAULA	31
	8	106	JARSKI, LAURIE A	37

Sport Men -14

PLACE	OVERALL	POINTS	NAME	AGE
1	1	417	VAN ALLEN, ERIC	14
2	2	414	LINKE, ALEX	14
3	3	304	LAROE, KOREY	14
	4	93	MILLER, T J	13

Sport Men 15-18

PLACE	OVERALL	POINTS	NAME	AGE
1	1	401	RHODES, KYLE	15
2	2	362	BEST, DAVID M	18
3	3	355	BEST, MICHAEL J	15
4	4	244	MURPHY, KEVIN	16
	5	116	HALL, PETE	16
	6	73	RENNER, SCOTT	17

Sport Men 19-24

PLACE	OVERALL	POINTS	NAME	AGE
1	1	455	HEMINGWAY, GUS	21
2	2	293	BOERSMA, BRYAN C	23
3	3	290	BISKEY, BILL	24
	4	205	KUJACZNSKI, LUKE	20
	5	73	HUGHES, CALEB	21
	6	36	SMITH, DAVID N	21

Sport Men 25-29

PLACE	OVERALL	POINTS	NAME	AGE
1	1	447	VAN HECK, BRIAN	25
2	2	423	HARRIS, BRIAN	28
3	3	230	KARS, JOHN	28
4	4	210	PASSCHIER, RAYMOND P	27
5	5	202	STOJAK, ADAM T	29
	6	55	JOHNSON, BRAD M	28
	7	44	SCHAMS, JEFFREY J	29
	8	34	BARRY, NICHLAS T	28
	9	23	COLSON, JOHN R	25
10	4		MEIKLE, KEVIN	25

Sport Men 30-34

PLACE	OVERALL	POINTS	NAME	AGE
1	1	501	FLORY, KEN	33
2	2	478	BOXRUD, ERIC	31
3	3	388	KLINKMAN, THOMAS	32
4	4	359	PIPHO, DAVID	30
5	5	339	MALZAHN, ERIC	32
6	6	315	SHELLENBERGER, DAVID	34
7	7	239	NIENSTEDT, DAVID	33
8	8	234	SANTIAGO, JOSE CARLITO	33
9	11	147	RUSSELL, PATRICK	32
10	15	101	CAMPBELL, DEL	30
11	19	53	SIPE, KENNETH W	32
	9	185	FARMER, FRANK	34
	10	181	FERRIGAN, ANTHONY	33
	12	138	COOK, WAYNE	32
	13	125	DUFORT, ROBERT	31
	14	116	GRIFFIN, MATT E	30
	16	93	SIMS, EMILIANO	30
	17	80	SIETING, TODD	32
	18	66	LENTING, DAVID M	32
	20	47	AMARO, TROY	31
	21	38	BUCK, BRIAN	30
	22	33	SMITH, KEVIN M	34
	23	14	DOOLEY, BRIAN E	34
	24	7	KENNEDY, THOMAS D	34

Sport Men 35-39

PLACE	OVERALL	POINTS	NAME	AGE
1	1	531	FAVATA, PETE	39
2	2	484	LUTZ, MICHAEL	37
3	3	480	MCKELVEY, ROB	37
4	4	470	FENLON, JOHN	37
5	5	418	CONSTANTINEAU, SCOTT	38
6	6	298	GRASL, TOM	37
7	7	274	VEGA, ARMANDO	36
8	8	270	GUYNN, RON	37
9	9	241	WILLIS, SCOTT T	37
10	18	33	BOWMAN, JOHN J	36
	10	143	DYKSTRA, STEVE	39
	11	104	LIVINGSTON, KEVIN K	39
	12	98	GRANT, KEVIN	36
	13	65	LINING, THOMAS P	38
	14	56	OLIVEIRA, GARY A	38
	15	50	BAUER, VINCE	37
	16	47	HICKMAN, DAVID	39
	17	46	SMITH, RON	36
	19	22	MEYERS, SCOTT	39
	20	12	PHILIPSON, STEPHEN	36

Sport Men 40-44

PLACE	OVERALL	POINTS	NAME	AGE
1	1	469	GALLAGHER, JAMES	41
2	2	357	GIAFAGLEONE, MICHAEL	41
3	3	271	LAVALLEY, DAVE	41
4	4	268	GUINN, JOHN	40
5	5	249	KEANE, VIN	40
6	6	228	LIETZ, STEVEN P	42
7	7	203	SNYDER, HAROLD	40
8	10	92	STEVENS, MARK D	43
	8	139	DOLATA, RANDY	42
	9	94	CLARK, STEVE	42
	11	72	SULLIVAN, TODD P	42
	12	65	SNOW, BILL	42
	13	20	LOVEJOY, MARK	40
	14	10	ROODVOETS, TIM	45

Sport Men 45-54

PLACE	OVERALL	POINTS	NAME	AGE
1	1	483	LINDHOUT, BILL	47
2	2	424	MASSEY, DENNIS	50
3	3	359	MCCLELLAND, KEVIN D	45
4	4	353	KINLEY, STEVE	45
5	5	336	KARBOWSKI, GREG	45
6	6	295	WATT, WESLEY	52
7	7	259	ELDEN, JOSEPH G	46
8	8	235	ALDRED SR, MICHAEL	48
9	9	207	YACUB, JAMES	45
10	10	168	SKURKA, JOSEPH	49
11	11	140	JEFFERS, DENNIS E	44
12	12	138	FRISBIE, RAY	50
	13	63	NEEDHAM, MICHAEL J	54
	14	60	WISMER, JOHN	53
	15	31	MAKI, TOM	52
	16	30	BALFANZ, MARK ALAN	45
	17	7	STUMP, DON	48
	18	4	SWAIN, CHARLES D	52
	19	3	OWENS, TOM	47

Sport Men 55+

PLACE	OVERALL	POINTS	NAME	AGE
1	1	443	PATTON, CLIF	58
2	2	388	COOK, GARY	57
3	3	272	GALBRAITH, JOHN Y	56
	4	134	VANDECAR, DENNY	61
	5	46	RICE, LAVERN A	63
	6	38	MOLNAR, ALAN	57

Single Speed

PLACE	OVERALL	POINTS	NAME	AGE
1	1	452	SCOTT, TODD	38
2	2	419	NEUMANN, RICHARD	34
3	3	345	JONES, JAY L	41
	4	91	JONES, JASON ARIC	33
	5	43	BAUER, VINCE	37

Tandem

PLACE	OVERALL	POINTS	NAME	AGE
	1	162	MILLER, JOEL	40
	2	111	LOVEDAY, TERRY	34
	3	97	PERRETT, GERRY	33
	4	62	SCURR, ROBIN	37

Begin Clydesdale

PLACE	OVERALL	POINTS	NAME	AGE
1	1	255	CURTIS, TIM	42
2	2	135	VAN ALLEN, CHARLES E	41
3	3	108	RHOADES, DAVID	37
	4	76	MENOLD, REX	26
	5	56	WALKER, ROBERT	40

Begin Women -14

PLACE	OVERALL	POINTS	NAME	AGE
1	1	215	HENDERSHOT, KETURA	12
2	1	215	CORBIN, ANGELA	14
3	3	159	WOOD, AMBER	13

Begin Women 15-29

PLACE	OVERALL	POINTS	NAME	AGE
1	1	157	GLUP, JOHNA	15
	2	81	FITCH, SUSAN	29
	3	73	CAROLAN, MARY BETH	24

Begin Women 30+

PLACE	OVERALL	POINTS	NAME	AGE
1	1	125	WASSERMAN, APRIL	40
	2	87	LEIBOWITZ, SONYA L	36

Begin Men -14

PLACE	OVERALL	POINTS	NAME	AGE
1	1	246	WOOD, TOREY	13
2	2	173	HOLLIS, CAMARON	11
3	3	154	MURPHY, BRENDEN	12
4	4	99	GRASL, BRAD	10
	5	75	PLOTNER, TRAVIS	14
	6	73	BURT, KYLE	14
	7	65	SAFFORD, MARK	14
	8	53	RENNER, RAY THOMAS	14
	9	30	HUYGHE, ALEXANDER	14
	10	14	DAY, RYAN	12
	11	9	HERRON, JEREMY	14

Begin Men 15-18

PLACE	OVERALL	POINTS	NAME	AGE
1	1	183	CROSS, RYAN	15
2	2	182	BARTZEN, BILL	16
3	3	165	FRISBIE, ERIK	17
4	4	161	CURTIS, MATT	17
	5	129	HUMMEL, LANCE	16

Begin Men 19-24

PLACE	OVERALL	POINTS	NAME	AGE
1	1	167	STEFFEY, ERIC	24
2	3	108	GRIFFIN, ARON	24
	2	114	HAULENBECK, TODD	23
	4	85	BARTZEN, STEVE	19
	5	25	BREYER, MICHAEL	21
	6	10	GEORGE, DANIEL R	21
	7	2	SKURDA, BRADLEY A	21

Begin Men 25-29

PLACE	OVERALL	POINTS	NAME	AGE
1	1	216	FELIKS, KYLE	29
2	2	183	WOODHAMS, DAN	29
	3	76	JABLONSKI, DAVID M	28
	4	70	BLISS, GREGORY A	26
	5	39	THOMPSON, THOMAS	28
	6	32	BERGER, DEREK T	28
	7	18	FIFER, KIRK	29
	8	17	WIDAK, THOMAS J	25
	9	5	EVANS, SEAN	25



Begin Men 30-34

PLACE	OVERALL	POINTS	NAME	AGE
1	1	291	SCARBROUGH, TODD	30
2	2	247	WOLDRING, DAVID	30
3	3	204	WERTH, CHRIS	33
4	4	203	PACHUCKI, KENNETH M	30
5	5	190	LAZAROS, SCOTT	34
6	6	89	HUG, EDWARD	31
7	7	77	BURGER, THAD	33
8	8	75	MERRITT, DOMINIQUE	31
	9	35	HILL, CHRIS	30
	10	33	VIVIANO, ROBERT	32

Begin Men 35-39

PLACE	OVERALL	POINTS	NAME	AGE
1	1	250	QUEENER, DOUGLAS G	37
2	2	202	GUARD, DEAN	39
3	3	128	BALOGH, STEVEN A	35
	4	99	BLODGETT, JOSEPH R	37
	5	51	PARKER, GREG	37
	6	39	CROWTHER, DAVID	38
	7	39	DOUGAN, PHILIP T	37
	8	32	RIOS, JUAN A	37
	9	26	EMMER, TONY	36
	10	7	PRICE, STEVE	39

Begin Men 40-44

PLACE	OVERALL	POINTS	NAME	AGE
1	1	220	HAMILTON, SHAWN	42
2	2	184	MURPHY, DENNIS B	42
3	3	168	MURPHY, THOMAS	44
	4	155	SOUTHWELL, GREG	42
	5	71	SZUBIELAK, PATRICK	43
	6	55	CROSS, CASEY	43
	7	33	THOMAS, GENE E	44
	8	21	FISERA, BOB	43

Begin Men 45+

PLACE	OVERALL	POINTS	NAME	AGE
1	1	254	BAKER, ROBERT	46
2	2	234	WEINGARTZ, MARK	46
3	3	185	TOWNSEND, J AVERILL	51
4	4	111	KLOECKNER, MICHAEL	49
	5	49	BUDDY, MARK	45
	6	48	YANKE, FRANK	47
	7	11	LOLLI, JIM	47



2002 Ed Berta/First Across the Finish Line Volunteer of the Year

ROBIN SCURR

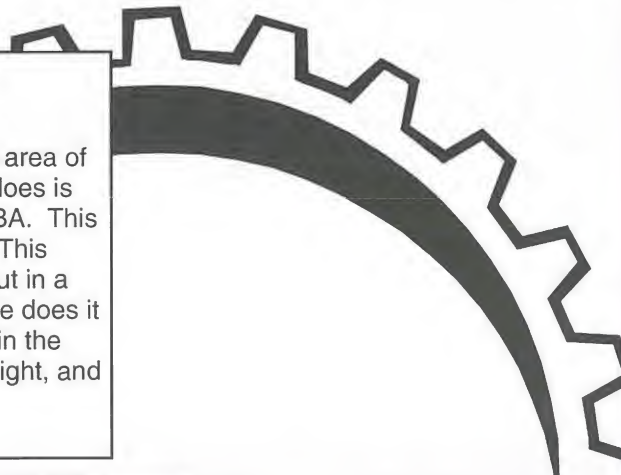
Robin has been involved with the MMBA State Board since 1994, as Membership Secretary. Robin has placed hundreds of hours into his volunteer position and has participated in MMBA events throughout the state. Robin's position as Membership Secretary has not always been a visible one, but a very vital one to and for this organization. I would encourage all to consider Robin as this year's Ed Berta/FAFL State Volunteer of the Year.

KAREN MILLAR

When folks tell me the MMBA has been too focused on racing I just point to Karen. Her dedicated leadership with the Mountain Kids program, women's bike clinics and Bent Rim Bugle continues to widen the scope of the MMBA. And as an elected At-Large board member, Karen has not shied away from contributing to the organization. While she's just one piece of the volunteer puzzle, she's clearly invaluable.

TIM COLLINS

I see, better than most, what Tim does for the MMBA in the area of Pontiac Lake. I think one of the most important things he does is make the Pontiac Lake DNR trust him, and hence, the MMBA. This trust was built on countless meetings, and communication. This doesn't count the time he takes from his job and family to put in a trail that only a handful of users know who to thank. And, he does it for the same reason that we wished all people participated in the MMBA did, because he knows that the job has to be done right, and someone who cares needs to do it.





MICHIGAN MOUNTAIN BIKING ASSOCIATION

ANNUAL MEETING & EXPO

February 3, 2002

Springfield Oaks County Park

Davisburg, MI

Guest Speaker:
Todd Mercer
Bike & Brew America

Swap Meet
Buy and sell!!! Bring your
goods and grab a table!
10:00 a.m.

Awards!!

Ed Berta/First Across the Finish Line/
Patagonia State-wide Volunteer of the Year
& Championship Points Series



Prizes

Get in the raffle!!
Win Incredible Swag!

Elections: Vote for your

At-Large Board Nominees:

Steve Balogh
Scott Chambers
Scot Douglas
John Haffenden
Dan Harrison
Dennis Murphy

Annual Winter Ride

*Grab your snow bikes and ride
beautiful Pontiac Lake—9:00 am.*

For More information call: 1-866-889-MMBA or visit www.mmba.org

2002 Annual Meeting



DETAILS...

Meet Your Speaker - Todd Mercer

Todd Mercer is a former collegiate swimmer who realized there was more to sport than the structured confines of the pool. After much time spent scuba diving, rock climbing, and competing in triathlons, he found his true calling in mountain biking. Perhaps a factor in this revelation was how well a pint of fresh beer in the company of good friends tasted after a day on the trails.

Mercer began writing about his outdoor adventures in various club newsletters. Soon his articles were appearing in regional and national magazines. Finally, so there would be no regrets, he abandoned the cubicle world of the nine-to-five to pursue his dream of traveling and writing. He and his wife, Amanda, a successful prosecuting attorney, sold their nineteenth-century home in Indiana, and along with their dog, Nikki, left behind the secure and predictable for a life on the open road.

They currently live without a fixed address. The red Bike and Brew America truck could be anywhere.

(Check out the Bike and Brew on page 13 article to learn more about Todd and the book.)

Schedule of Events

9 AM—Winter ride at Pontiac Lake.

10 AM— Doors open at Springfield Oaks with the bike and parts swap. MMBA members can display and sell their stuff.

11 AM— Annual Meeting Expo. Enjoy special exhibitors and Tailwinds' own Roller Races (bring your shoes and shorts!)

1 PM— Todd Mercer shares his funny and insightful mountain biking views. Patagonia Volunteer Awards and CPS awards for the top three racers in each CPS class.

4 PM— Rock Shox Raffle



Where's the Annual Meeting?

"same as the last few years"



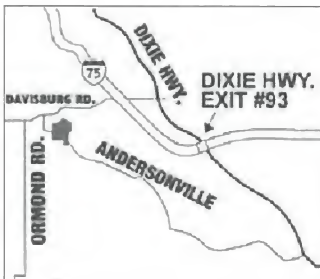
SWAP MEET

For specific information on how to get involved in the swap meet contact Rick Jerrell at rjerrell@home.com

Springfield Oaks County Park

12451 Andersonville Road (near Hall Rd, I-75 exit 93)
Davisburg, Michigan
(248) 625-8133

Located north and slightly west of Pontiac Lake State Recreation Area



There could be another "special guest speaker" but confirmation couldn't be made by press time.

MMBA
MICHIGAN MOUNTAIN BIKING ASSOCIATION



New from VeloPress and Brewers Publications
BIKE & BREW AMERICA
MIDWEST REGION by Todd Mercer

The authoritative experts on biking and brewing information; VeloPress and Brewers Publications have co-published the second book of six in the one-of-a-kind Bike & Brew America series. It is a carefully researched, comprehensive travel guide pairing the best mountain bike trails of prime single-track and the best brewpubs offering quality handcrafted beers in the Midwest Region (Illinois, Indiana, Iowa, Kansas,

Michigan, Minnesota, Missouri, Nebraska, North Dakota, Ohio, South Dakota and Wisconsin). The first book, the Rocky Mountain Region, was published in June 2001.

Each of the 34 destinations guarantees a great day of biking on the sweetest, most heroic, or just plain twisted rides you could find yourself on followed by a great night of eating and drinking at the best brewpubs you could find yourself in—effectively eliminating the guessing game all mountain bikers encounter at one time or another. Bike and Brew America™ offers travelers the ease of knowing which trail is the best the area has to offer and which brewpub is the best to enjoy a pint of freshly micro-brewed beer in the company of good friends.

Each chapter, organized by state, contains a detailed description of a destination that has great mountain bike trails located near a great brewpub—usually within a 30-minute drive of the trail. The trail descriptions include directions, difficulty ratings, distance, warning, and overall feel of the ride. The brewpub descriptions include contact numbers, cost of a pint, atmosphere, and beer critiques. Each Bike & Brew pairing also include a great local bike shop, contacts, other trails and brewpubs in the area, and other interesting local attractions.

A detailed map containing trail, bike shop and brewpub locations, clearly marked for easy navigation, is included with every destination. In addition, every chapter begins with a state map detailing each state-specific Bike & Brew destination.

Todd Mercer is a mountain biking journalist, and avid mountain biker, beer enthusiast, and home brewer. His writing style inspires any reader to get out on the trails and taste the ales.

The Bike & Brew America series is available at your favorite bookstore, from Brewers Publications' website (www.aob.org), from VeloPress' website (www.velopress.com), or by calling 800-234-8356. Or for more information, call 303-440-0601 ext.172 to contact Amy Sorrells at VeloPress, email: velopress@7dogs.com. Also, check out the Bike & Brew America website at www.bikeandbrew.com for the latest updates, suggested itineraries and much more.

Election for At-Large Directors— Your Help Needed

Submitted by Emil Sims

The MMBA needs your help in electing members to the Board of Directors. The board decides what the MMBA does and how it operates. It is made up of one director from each of the chapters and four at-large directors. The Chapter Directors are voted in by their chapter, while the At-Large directors are voted in at the annual meeting in February.

Overall, the Directors' responsibilities are to set the course for the MMBA, establishing goals and policy of the organization, as well as initiating programs to benefit the members. Directors are required to attend the Quarterly Board Meetings, which are held four times per year in Lansing. Additionally, the at-large positions are a great way to get new people on the board who are not currently overburdened with chapter or state-level responsibilities.

The voting is primarily intended to occur at the annual meeting, however this year we will be allowing members who cannot attend the meeting to vote beforehand. This is to ensure members from the North and West portions of the state are fairly represented. Here is how you can vote without attending the meeting:

1) E-mail: Select FOUR members from the list below and send their candidate numbers (#1-6) to esims@ford.com. Include your name and chapter affiliation so that your membership can be verified. Yes, I know this process is not very anonymous. Voting by mail or at the annual meeting is the anonymous method. Please submit by January 27 2002.

2) Regular Mail: Select FOUR members from the list below and put their candidate numbers on a piece of paper. Put that paper in an envelope and put that envelope in another for mailing. This double envelope method provides anonymity. Be sure to put your name and chapter on the return address area of the mailing envelope so that your membership can be verified. Here is the mailing address: Emil Sims, 813 Catalpa Dr., Royal Oak, MI 48067. Please submit by January 27.

Remember that voting via e-mail or regular mail requires you to abstain from the voting process at the Annual Meeting. If there are any questions, please let me know. Thanks for your participation!

Below is an overview of the nominees. These write ups represent a combination of statements from the candidate and from the nominators:

Candidate #1: Steve Balogh

Steve lives in Allen Park in the Southeast Corner of the state. He has been mountain biking since 1994 and started racing in 1997. In addition to being an avid race photographer, his volunteer activities include trail maintenances and participation in the Mountain Kids program. Steve would like to serve on the board in order to see how the MMBA works first hand. He believes he can contribute a thorough, fact-based approach to solving issues as they

arise. One of Steve's nominators stated, "He is one of the first ones to arrive at an event and is still there long after the rest of us have left. Technically, he understands what it is going to take to help the MMBA be as strong an organization as possible in the coming year."

Candidate #2: Scott Chambers

Scott currently volunteers by working on the MMBA/ Festina Championship Points Series (CPS) with Terry Ritter, who is quite grateful for his efforts. Using the words of one of his nominators, "Scott is an enthusiastic mountain biker, has a fresh approach, is a logical thinker, and is extremely pro-MMBA."

Candidate #3: Scot Douglas

Scot lives in Ypsilanti and is a member of the Poto Chapter. He is interested in being on the board as a way to start contributing more to the MMBA beyond events and trail maintenance. He believes he's a good representative for the mountain biking scene and plans to push trail awareness and resource conservation. He wants to do his best "to further the MMBA's positive impact upon Michigan's outdoors and all of its users."

Candidate #4: John Haffenden

John has been active in the MMBA for several years. He is currently the Yankee Springs Trail Coordinator. Prior to that, he was the Western Chapter VP for one year and the Western Chapter President for four years. This position would allow him to again make contributions at the state level.

Candidate #5: Dan Harrison

Dan is a member of the Southeast Chapter and is currently an at-large board member, as well as the state's IMBA rep. and the Trail Coordinator for Island Lake Rec. Area. He was the driving force behind bringing the IMBA Trail Care Crew to Michigan to run a trail building clinic last summer at Pontiac Lake. Dan wants to continue as a board member to finish out some of the projects that he started during the past year.

Candidate #6: Dennis Murphy

Dennis is the current Western Chapter Vice President and lives in the Grand Rapids area. Some of the projects he is working on include: starting a cyclocross series in Grand Rapids, establishing a Youth Cycling chapter in Western Michigan, developing a trail at Kent County's Johnson Park in Grandville, and trying to start a race series between schools in his area. He is currently the Publicity Director for the CPS. Dennis believes mountain biking has considerable growth potential and would like to help the MMBA drive it and take advantage of it.

Tales of the Iceman



Photo by Larry Sobczak

...and thru the woods.

ble of promoter provided Revenge. Although there were feed stations along the way stocked with apples, oranges, bananas and cookies, I'm not big on eating fruit on the trail and can't eat bananas, hence the bars and gels.

Anyway, the course starts out on about 2 miles of paved road, then onto gentle two-track. Most of the course IS gentle two-track, but God, the scenery...and the sand. Twenty-six miles of it. Some of the sand pits are at least a foot deep and the only thing that has them ridable at all was the three days of rain that preceded this event. So, I'm casually clicking off miles, 3, 4, 6...and I'm starting to catch up to slower riders and faster riders are starting to pass me (not a surprise, I had expected this).

Then it started to happen, just about the time that the trail turned into this beautiful section of wooded singletrack, nestled down into a valley between ridges. My right thigh gave a twinge, then a second. Oh crap, had I been drinking? Did I hydrate enough? At all? I've experienced leg cramps on a ride before, but usually at about 80 miles into a century! But at this time I drank and rode my way through it and I actually found, as I left the first feed station with a refilled camel-back and bottle, and ticked over 10 miles, that I was in my "happy place" and things were kind of good.

Then it started again, but now in my left leg, and it was getting worse. I was fine on the flats and the downhill were so awesome that I could care less about my increasing discomfort. It was the climbs that were getting to me. It struck

Story by John Burt

"Have you ever laid eyes on 2000 mountain bikers in one place at one time for the same thing"? This was the statement/question that I kept uttering over and over to myself and anyone close enough to say it to. This to me was the 2001 edition of the Iceman Cometh Challenge.

Personally, I had a terrible race, but one of the best times of my life. I started out well and stuck to the game plan that I went up with (go out slow and stay that way, with brief periods of quick when I saw anything resembling a spectator, to save face) and it was working pretty well. I carried with me a couple of Clif bars, 6 Power-gels, 2 liters of water and a 32oz bot-

THE 2001 SUBARU ICEMAN COMETH CHALLENGE

Saturday, November 3

home after cruising along through this meadow descent, laughing my fool head off, just prancing across the trail like the kid that I wished I was when I looked up, a hill. Straight up, a hill. Straight up a hill that I was supposed to go up. The smile went away and the pain returned to my legs. There was nothing I could do but shake it out and continue. And I wasn't alone. I started catching up to, staying with and dropping some that were experiencing the same condition that I was.

Just before the second feed station on what would have been a gentle climb on a normal day, they quit. Just stopped. Both thighs at once locked up. Ceased to work. I fell over, much to the delight of the spectators that were waiting there. It was the only paved road crossing and the promoter had a DJ set up there to keep fans waiting. I got up and walked as best as I could to the feed table and shook off both the offer of a sag to the finish and the pain in my legs. There wasn't a snowballs chance in hell that I was going to quit now! Sad thing was that most of the people that I had grouped up with weren't feeling the same sentiments and gladly took the sag. So alone (pretty much) I took off down the trail towards the finish line.

The rest of the ride (read: Death march) was pretty much a carbon copy of the last several miles, spin, coast, cramp.... spin, coast, cramp...At 22 miles, I gladly refilled my bottle and bladder, shook off the cramps and offers of a sag and headed out. I felt a reborn determination that I was going to finish, no matter what. The pain was terrible; I was limping more than riding. But it felt good that I was about to accomplish what I set out to do and knowing that I had more resolve to do so than others that I'd met along the way.

Then it came into view, like an oasis. A brilliant red and white sign stating that there were only two kilometers to the finish (had a hard time with that one, the rest of the race had been laid out in miles!) and the starting of a road of yellow tape. I got so excited that I started to go a little harder and then remembered why I was taking it so easy! I locked up again. At least it was beyond were the spectators were gathered and there were a few riders behind me. It took me 10 minutes to loosen my poor abused legs before I could finish. I hadn't gone this far, as uncomfortable as I had become, to walk that last 2k. I actually stood there, shed a tear and thanked God for giving me the strength to do what



Photo by Alice Mitchell (www.mountainbikemichigan.com)

Terry and Tom double up.



Photo by Alice Mitchell (www.mountainbikemichigan.com)

Steve Tilford crosses the finish line.

I had done. As I crossed the line at 4:06, 1875th out of just over 2000 overall, and 4th from last in my class, I felt as much, if not more, pride in my ride than I'm sure Steve Tilford did at first overall at 1:28.

I conquered the Iceman. It took a Clif bar, three gels, 6 liters of water and close to 128 ozs of Revenge to do it, but I did. I should be able to annihilate my time next year.....

Story by Jay Jones

It's true The Iceman, or as some affectionately now call it, The Sandman, has lost some of its natural elements that made it a true Iceman. But it has been replaced with something almost as challenging, sand. I like sand, sand is good. But I miss the snow, the wind-chill, the cleats filling with ice, the hard energy bars and the water bottles freezing.

Yes, those were the days, when the Iceman, Icewomen and Icekids were one big frosty family. We battled the elements that made the Iceman famous. It made it more of an adventure, it made it more epic, it made your nose stick together when you breathed in, but most of all, it made it harder. The allure of the Iceman has always been up for debate, but we all agree on one thing, it has something no other race has.

When I sent my registration in, I was riding more. My training didn't take its usual fall nosedive. Coaching my son's soccer team tends to take away bike time, but this year I managed my time a little better. So there were big plans for me and my trusty single speed on the third of November. But alas, it was not meant to be. With my son's new found love of football, our time became even more valuable, so riding sat in the fifth seat on the bus to nowhere. Not that I'm complaining, I would rather be with my boy then anywhere else on this planet.

So as the Iceman grew closer, I thought often about not doing it. I read Michigan Sport & Fitness and the contest they were having for the people that neglected to get their Iceman entries in on time. I thought about donating to that needy cause until my taxman said I couldn't claim it as charity. So I thought of posting it on the MMBA Bulletin Board and have some lucky soul who REALLY wanted to race, gobble it up. But then it was too late to do that. My options were running out. As I lay awake at night tossing and turning, wondering if there would ever be an Iceman race that filled my expectations, a thought came to mind. Could it be I was doing it for all the wrong reasons? Could it be that I was setting lofty goals and only disappointing myself when those goals were not met? Could it be that I was just a spoiled racing punk who needed to reevaluate the true nature of racing. Yes. That was it. It was like a tremendous weight had been lifted off my shoulders. Relief from the pressure that I put on myself was gone. With the expectations no longer there, I was free to pursue my long time passion of riding my bike fast, suffering greatly and then wanting to do it all over again. And being happy in doing just that and nothing else.

No longer did I have to do well, I just had to compete. No longer did I care about what my heart rate monitor said, I just had to turn my pedals. No longer did I have to count calories days before the

race, I just had to watch the amount of times I ordered Value Meal #1 at the Golden Arches. My new found freedom allowed me to view this as an event, not a race. Just a huge mountain biking event in the great white north of Michigan. Where over 2000 other people of like mind show up once a year to test themselves, their skills and their stamina.



Photo by Bryan Mitchell (www.mountainbikemichigan.com)

Steffie Fiore finishes up the race

It was an event that all abilities were able to do. Kids came out with their parents. Parents came out with their kids. Husbands and wives raced and probably had their own little battle going on, a race within a race for bragging rights at home. Spectators and supporters drive their cars down Williamsburg Road and park over a 1/2 mile away to watch and cheer their favorite racer and only for a few seconds as they speed by. The loud speaker blaring out numbers and names of the participants, making it all worth while for their loved ones who stood out there for who knows how long. And the volunteers...let's not forget the volunteers. They are the front lines, they are the ones who set up the course, and they made sure you had your timing chip in your packet. They made sure you made the right turn instead of the left turn. They're the ones who handed you water, bananas, energy drink and cookies. Plus that one lone soul who was ringing the bell out in the middle of nowhere. And of course the ones who cleaned up our mess when it was all over.

But most of all, the participants. The riders who signed up months in advance and even the ones who lame excused their way into a free entry. All the single speeders who spun their behinds off on the first two miles of pavement. All the older folks like long time racer and MMBA

Treasurer Tom Nell. Winning the Men 65+ category. Sixty-five years old and still racing! That's amazing. To all the kids who participated, I rode my bike alot as a kid, but never had the opportunity to accomplish such a huge task. All of you suffered to some extent between Kalkaska and Traverse City. You are what makes this event. It's not just a race; it's a gathering of people who share the same passion as you and I, riding their bikes in the woods.

But sometimes I think it's more than that, but no one I've talked to has put their finger on it. It has a certain mystique about it and I'm sure if we really tried hard we could come up with some valid reasons on why the Iceman is THE ICEMAN. But for now, lets not. Let this race remain what it is. Let's not ruin it by finding out what makes it tick. Let the people who race once a year keep coming back for more. Let the people who come from surrounding states who make the annual trek to northern Michigan keep wanting to come back to our beautiful state. But most of all, let those who need to rediscover what mountain biking is about; discover it on the first weekend of November between Kalkaska and Traverse City Michigan.

Jay (monospeeddirtbikeracer) Jones

For photos of yourself racing in the Iceman contact:
Slide Craft of TC at: (231) 929-0566 or on the web at
<http://www.imagewindow.com/ice.htm>

Chapter Chatter

Potawatomi Chapter News

Heads up for the Poto chapter calendar in the next BRB. We've generally run the same events every year on the same weekends. If you've never tried one of our rides or trips, you owe it to yourself to check them out. One change: we decided to change our annual downhill trip from Snowshoe, WV to Plattekill, NY. This will not be a beginner-friendly trip, but now that we've learned the basics at Snowshoe, we've decided its time to get serious. Plus, they rent 6" travel downhill bikes. Sweet!

Regarding Poto chapter trails, I encourage folks to try out Ann Arbor's Northeast Park. In addition to the 3.5 miles of trail circling the outer edges and the 'Woods', there are some neat obstacles in the center that are worth checking out. The park overall appears to be getting a lot of use. The dirt has firmed up and flattened out nicely, and I often run into beginners out there. I like the fact that this true mountain biking opportunity exists within the city, so that folks can try it out without having to drive a half hour to get to some place where they will get in over their heads. Thanks again to Norm Roller who almost single-handedly made this park happen.

Out at Brighton, there are a couple things to note. First, we are in the process of applying for grants to build a bridge to the 2-mile north loop (accessed from Bauer Rd, just north of the campground entrance). The north loop has been on the ground for a couple years, but the lack of a direct trail connector has prevented us from putting all of the necessary signs in. In the meantime, be aware that you should stick to the right side of the road when riding on Bauer Rd to access the north loop. Southbound traffic on Bauer Rd. comes around a blind turn at high speed and they don't expect a cyclist to be right in front of them. Also, check out the 2-mile Appleton Lake Loop. To get there: once you exit the Murray Lake Trail onto Bishop Lake Rd, keep riding straight ahead (west), pass the park entrance on your left, and 50 yards down, you'll see a trail drop in on your right. This point is both the entrance and exit to the loop, which initially heads north and west and goes counter-clockwise. It's shown on the Brighton Map in your 2001 MMBA handbook.

One final note: Special thanks go out to Two Wheel Tango who bought us several hundred dollars worth of Rock Shox trail-maintenance tools last year. We've used them to improve Poto drainage this year and we'll use them to do some re-routes at Brighton in the spring. Plus we gave a few to our fellow chapters who badly needed them.

Holly/Flint Chapter News

The Chapter Board would like to encourage all Chapter Members to attend this year's Annual Meeting in February, at Springfield Oaks. See info on pages 11-12 for times and directions. The Chapter, again, along with Pontiac Lake Chapter, will set-up and tear down the event. Volunteers will be needed. Please lend a hand! Twelve volunteers

help, 24 gets the job done! Contact me at rjerrell1@home.com with any questions.

Congrats goes out to each CPS Racer and the fine season you had. 500 hours of trail time were tallied and FAFL Awards will be handed out at the Annual Meeting. Thanks for the hours each of you have dedicated to "the trail." The 2002 Event Calendar is being prepared, as well as other season projects.

Chapter Meetings will be held at The Villager's Restaurant. Check the Webpage or your mail box for the dates. Once again...please send me your E-Mail Address and keep your MMBA Memberships current.

Rick Jerrell

President Holly/Flint 248.634.7691 rjerrell1@home.com

Southeast Chapter News

Orion Oaks County Park

From the MMBA bulletin board, Toad asks "if the MMBA has ever talked to anyone about creating or expanding the trails at Orion Oaks County Park [in Lake Orion.] I've ridden there a few times and feel there is a opportunity to improve upon the trail system."

Steve Kinley replied: "I have been involved with the Oakland County Parks master plan for Orion Oaks. The committee met several times to discuss the park and potential uses. Two meetings were also held with the public to get their input. While a lot of the people would like it to remain as is, there are some changes planned for the park to add some facilities and better access and parking.

I received the final draft of the plan a few weeks ago that will be voted on by the commission. Most of the changes will be on the eastern side around Lake Sixteen. These changes will include gazebos, picnic shelters, restrooms, and additional parking. The Bark Park will be expanded and boat launches will be on the opposite side of the lake from where it is now. The current access from Baldwin Road will be eliminated and all access will come off of Clarkston Road. It looks like all the access points off Joslyn Road will be eliminated also.

The best areas for riding are on the west side of the park and that area really won't be touched. I've hiked the area and have a few ideas for future trails but for now is not being discussed. I will still maintain contact with the parks and talk to them about it.

This plan will take a few years to implemented, for now enjoy the current trails on the south side before they are gone. By the way, I find the trails enjoyable because they are fast and usually empty. The park is usually ride-able when others are not. There are almost 12 miles of trail if you include every segment and I find the marking and maps at every intersection excellent."

Also, the Southeast Chapter has requested that the Master Plan accommodate future singletrack trails on the west side of the park.

Commerce Township Trail Update

We gave an informal MMBA introduction at the Township's Parks and Recreation meeting. The board approved

a motion that we provide a proposal that formalizes the existing trail network while adding some new singletrack. The parks are Hickory Glen and Maple Glen. Both are along the multi-jurisdictional trail, which connects with the Huron Valley trail mentioned below.

Huron Valley Trail

Would you like to know more about the plans to connect Island Lake, Kensington, Highland Rec., West Bloomfield, Milford, Wixom, and South Lyon? If so, check the maps on this web page: <http://www.southlyonmi.org/RailTrail/RailTrail.htm>.

North Novi Park by Lynda Racey

The City of Novi signed a resolution on October 15, 2001 to give away about 95 acres of the North Novi Park (aka the Tree Farm) to settle a lawsuit. This land swap will eliminate approximately 3 miles of the existing singletrack. A few local riders and MMBA members are exploring alternatives to prohibit this swap, including a request for an opinion from the Michigan Attorney General regarding the legality of such a swap. If they are not successful, the city has pledged to assist in rerouting trails and/or seeking additional parkland. If you would like to help in either effort, contact Lynda at (248) 374-1888 for more information.

Northern Chapter News

We are in the process of establishing a trail coordinator position at all the local bike shops throughout our area. So far we have two on line with the possibility of many more. Additional contact has been made with the publisher of U. P. Mountain Biking in an effort at securing some of their readerships' help with trails. We are making up a trail coordinator package aimed at helping the local trail coordinators with their ongoing endeavors.

Our Aspen Park project is progressing nicely with several riders already riding the completed section. We have had some very good and exciting volunteer workdays at the park with a good representation of local riders. Work will continue throughout the winter with workdays planned on xc skis or snowshoes. Of course we will be unable to do trail bed work, we will continue with the marking and initial clearing of trees. We should be open in mid May.

IMBA is planning on riding and evaluating the High Country Pathway as a potential site for an IMBA Epic ride. That is very exciting. Please come up and visit us here in the great white north. Ride On! Eric Isaacsen



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Lube

It's no secret that I like to ride a lot. I'm assuming, because you're reading the Bent Rim Bugle, that you, as well, are a fan of a good hard ride. A lot of time is spent discussing gear; what kind of tail, hard or soft? How stiff do you need it? How long of a stem? What kind of crank? These questions however overlook a very important aspect of riding... lubrication. Now, perhaps it isn't discussed because it's taboo; admitting that you don't

know how to properly lube your equipment is a hard thing to do. The first and most important thing to remember is that other parts (besides the obvious) need lubing too! Don't neglect to lube your crank or spindle before (and sometimes after) a hard ride! Also, whenever working with nipples be sure to grease them up (with spoke prep), it will make your life a lot easier later on. Also important are the stanchions on your front end. You don't want to blow a seal as that can be very costly in the long run; to avoid this, lubricate the stanchions so they slide in and out freely, this will make for a gloriously smooth ride. Lube should be applied frequently, too much pushing without lubrication will damage your equipment and can even start to rattle! Lubrication is especially important when riding in the mud or snow, you don't want all that grit grinding away at your bits. Wax lubricants work well, but clean your ride often when using them as they can lead to a gummy buildup... very unsettling. So keep lubed, and keep happy! Your next ride will be faster I promise!

MEMBER SHOPS

MICHIGAN MOUNTAIN BIKING ASSOCIATION

The stores and services listed below are MMBA Members as of October 2001.

Those listed in bold text give 10% discounts to MMBA members!

It wouldn't hurt to thank them all the next time you're in their shop.

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Latitude 45 Cycle and Sport
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Lansing

Denny's Cycling and Fitness
(517) 321-6700

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House of Wheels, Inc.
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Portage

Breakaway Bicycles
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Royal Oak

American Cycle & Fitness
(248) 542-7182 (also in Novi/Walled
Lake, Sterling Heights/Troy, and
Grosse Pointe Woods)

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Zeeland Schwinn Cycling & Fitness
(616) 722-6223

Please send corrections to BRB@MMBA.ORG or call (248) 349-1937

Getting MMBA Info on the Internet

The Internet is a great way for the MMBA to distribute information for advocacy and events. It's fast, cheap, and easy. Basically we provide three different sources for information that you can take advantage of.

Web site: The MMBA web site is analogous to the public library. It's our central depository for information. It generally contains information that doesn't change all that often, like an introduction to the MMBA, a listing of trails, how to join, and so on. It's open 24 hours a day at www.MMBA.org and anyone can access it. Currently our library is showing it's age, however that may soon change. We are meeting with a local web design firm to overhaul the site and possibly include additional features such as on-line signups, e-Commerce, and an event calendar.

Email Listserv: Now, if you wanted the latest information, you wouldn't go to the library, but you might buy a newspaper. The MMBA listserv is similar to a newspaper. This is where upcoming events and recent trail information are broadcast using email. Like a newspaper, you have to subscribe to get it. Unlike a newspaper, there's no charge. We currently have over 425 subscribers who receive six emails a week on average. To subscribe, go to the MMBA web page at www.MMBA.org/listserv.htm. There you'll find the instructions. If you have any problems, simply email me at AllYearGear@home.com. Any subscriber can send email to the entire list, but we ask that everyone follow the list guidelines shown on the above web page and in the introductory subscription message. This forum is focused on MMBA issues. We don't want to fill 425 mailboxes with off-topic email!

Bulletin Board: The MMBA bulletin board covers everything else. It's the local coffee shop where people get together to be social, to gossip, to sell stuff, to meet, and more. The information here changes every hour. If you want to know what's the best color for bike tires, this is where you'll want to ask it. The BB also includes advocacy information. Where the listserv facilitates the initial broadcast of information, the bulletin board allows everyone to discuss the issue or ask follow-up questions – just like people discuss newspaper stories at the coffee shop. Unlike a coffee shop, there's no face-to-face contact. This invariably leads to miscommunications as body language and vocal inflection plays such a large role in our overall ability to communicate. One downside is folks can get at each other's necks for the smallest of reasons. Perhaps the best approach is to cut others more slack and always assume the best intentions. There is no cost. To get on the BB, go to www.MMBA.org and select "Bulletin Board" from the main menu.

Below are additional MMBA corporate sponsors.

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F.Y.I

eBay and IMBA Lend a Hand to Volunteer Trail work (see below)

Press release:

International Mountain Bicycling Association

More than a thousand volunteer trail workers will receive free heavy-duty work gloves thanks to a new alliance between eBay and the International Mountain Bicycling Association. eBay, the world's online marketplace, has joined IMBA as a corporate member and paid for a shipment of custom work gloves to help support and reward volunteer trail workers. The leather gloves feature both the eBay and IMBA logos and are being distributed to IMBA-affiliated mountain bike clubs coast-to-coast and beyond.

Mountain bike clubs can request the free work gloves by completing a simple form on IMBA's website at: <http://www.imba.com/resources/grants/index.html>

"IMBA is very grateful for eBay's support," says IMBA executive director Tim Blumenthal. "Good gloves are essen-

tial to produce great trail work." Founded in 1995, eBay created a powerful platform for the sale of goods and services by a passionate community of individuals and businesses. Today, the eBay community includes 38 million registered users, and is the most popular shopping site on the Internet. eBay enables trade on a local, national and international basis with customized sites in markets around the world.

The International Mountain Bicycling Association creates, enhances and preserves trail opportunities for mountain bikers worldwide. IMBA's worldwide network includes 32,000 individual members and more than 450 bicycle clubs.

The MMBA thanks eBay for recently providing some of our trail volunteers with free work gloves.



Go West young man!... (And then come back if you want to ride!)

by Larry Cavalloro

One of the best things about hanging around mountain bikers is that they all have an opinion. Oh yeah, and they all think theirs is right... So here's mine...

I first started riding off-road in 1989. I was young (had hair) and loved getting on my new rigid bike and exploring trails. I cut my teeth on Pontiac Lake Recreation Area. I had some fast college friends who were going to show me the ropes. The only time I saw them was as they waited for me at the top of the next hill. I was hooked. I rode around southeast Michigan for the next 6 years. I fell in love with the seasons. I reveled in the difference in temperatures. I was fascinated in how different the trail was depending on the time of year. One day it was fast and rough, the next is was muddy and slow. I even got used to riding at night and in below freezing temperatures. Back then, I didn't know what it was to belong to the MMBA – I rode alone for the joy of being outside. Over the years I suffered setbacks and annoyances. Knee surgery sucks. So does the recovery. But I loved to ride. I wasn't the best rider on the trail, but I knew that was pretty good. I thought Michigan had great riding, but if the magazines were correct THEN CALIFORNIA HAD THE BEST...

In 1996 I moved to southern California. It wasn't planned. It wasn't a goal. I just ended up there. The first thing that I noted was that there were no real rides within 30-45 minutes of where I lived. The second was that it was a long, long, long way to the top of the first climb. The third was that there was almost no singletrack (at least none that anyone would tell you about). The fourth was that my 5-year-old bike was beat. I need a new ride and a new attitude.

I won't bore you with the details, but I hated riding in SoCal for the first year. Maybe even longer than that. So I'll start with my complaints: It's different out there, and it's not all for the good. First off, don't even think about hitting the trail after 9 AM. Oh yeah, I did it – and I hated it every time. It's frigging hot in them thar hills! The kind of hot that makes you wish you'd never had that 7th tequila shot last night. Next, don't expect to ride single-track all day. It just won't happen. Yes, you all have friends who know of some secret trail. I had a trail too. But for the most part you'll be riding fire roads. Not exactly a technical challenge. But they do have climbs... Did I mention how long the climbs are? I couldn't get over the difference. I was used to rolling trails. This was just up for 20 minutes and down for 10! It didn't seem like fun at first. Then there is the difference in terrain and weather. Yes it's the land of sunshine, but it's also a desert. That means that if it rains the trails are closed. Wait a second; if it even looks like it's going to rain the trails are closed. So what, you say? I'll ride anyway! Don't even think about it unless you're willing to

give your bike up – the rangers out there can and will take your bike. Pay them up to \$500 and they'll give it back. Oh yeah, and don't ride at night – that's not allowed either. You'll get a fine for that too... did I mention that I've seen rangers with radar guns on the trail? The speed limit at El Moro is 15 MPH. Have you ever tired to go 15 MPH on a 10-minute fire-road descent? I don't know about you – but I didn't obey.

It also wasn't easy to meet people to ride with. Sure, the trails were crowded, but the riders I met either weren't open to making new friends or too self-absorbed to take the time and make new riding friends. Maybe it's harder to meet people out there because they're screaming down the trail at +40MPH in full body-armor. Maybe they didn't really know that the up-hill rider had the right of way. Maybe their shuttle at the bottom was leaving and the only way to get back up was to ride and heaven knows nobody in their right mind would do that... I rode with one group sev-

eral times (SHARE), but work made it next to impossible to make it a consistent event. One thing that I did notice was that there was no cohesive group representing bikers across the state. It didn't seem like a big deal to me until today. Now, when I pick up a national 'mountain bike' magazine, I read stories about trails being closed left and right. I hear that some of the best trails around Orange County are in danger of being desig-

nated off-limits to bikes and how the local clubs are scrambling to organize and have a voice. Can anybody say Trabucco Canyon? Now that I'm back in Michigan, I ride (and help build) the new trail at PLRA or the great new trails being cut up around Marquette. Yes, we have our battles, but we also have a unified voice.

So what *did* I like? Over time, I got used to the climbs and lack of single track. I took trips to Central California, Nevada, Utah, Arizona and Mexico. I rode up a lot of mountains. I started to just accept that I wasn't going to always be able to ride singletrack. I got used to riding on the road when it rained or when it was dark. I ate a real burrito... Not a Taco Bell burrito. A real, authentic, Baja-California, burrito!

For those of you who haven't been to the Desert on the Pacific (read: LA) and had a burrito, once you do you'll understand why most West Coast bike mags write about them. They're awesome! It defies the written word, so I won't try. Just call me if you're headed there and want to know some of my favorite places...

...Sorry, back to the riding! So I ate burritos and learned to sit in the saddle and climb. And climb. And climb. And climb. And I learned to love it! I got excited about seeing how fast I could finish the +2000 foot Coal Canyon climb on the way home from work. I enjoyed riding the 13-mile Santa Ynez canyon climb behind Santa Barbara. I loved riding the sweet singletrack even more! I ate burritos before and after the ride. I rode Mammoth and Tahoe. I ate more burritos. I switched back to a hardtail and liked climbing even more! I never rode that fast by race-scene standards, but I enjoyed grinding out a good climb.



Photo by Larry Cavalloro

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